

REMINDERS

March 1st: St. Patrick's Tie Dye Class

Keep the pinchers away! Join us for a fun class creating a festive green tie dye shirt. We will provide all the dye and supplies needed, but we will not be providing the shirts. On the day of the class, please bring a white 100% cotton shirt you would like to dye! There is a \$5 registration fee to participate. We do ask that you please register with Maxwell staff in advance so we know the amount of supplies to purchase before the class. We will be having a 15 person limit.

9AM - 11AM, \$5

March 2nd: Painting with a Twist

Join us on a Day Trip to Painting With a Twist! Breathe in...and out...leave your stress behind and join us for our Zen Painting Experience. The Zen Collection incorporates painting with soothing music and aroma for the ultimate Zen-inspired relaxation experience. The price for this event includes all materials needed and light refreshments.

12:30PM - 3:30 PM, \$45

March 9th: Volunteer Day Trip

Join us at the Maxwell Adult Center from 2pm - 4pm as we make Easter cards for our homebound seniors, supplies will be provided just bring on your creativity!

2PM - 4PM, FREE!

March 16th: Chili Cook-Off

Calling all competitors! We will be hosting a chili cook-off to ring in the rodeo month with some spice. There is a \$2 fee to enter your chili into the competition. We will have refreshments! Judging will begin at 3pm, The winner will get a prize!

2PM - 4PM, \$2

March 17th: St. Patrick's Social

Come join us for a wee-bit of craic as we celebrate St. Patrick's Day. Wear your best green outfit! We will have a Mac N' Cheese bar, play sham-ROCK'n music, and have some fun games. Please bring your favorite dessert to share! We will be providing refreshments. We do ask that you please register with Maxwell staff in advance by March 9th and when you register, please let us know what you will be bringing. There is a 40-person limit.

2PM - 4PM, \$5

March 21st: Thrifty Tuesday

Join us on a day trip to Blue Bird Circle Thrift along with stopping at a restaurant for lunch. We will depart from the Jimmy Burke Activity Center at 10:00 am.

10AM - 3:30PM, \$3 Price of Lunch Not Included.

March 23rd: Voodoo Doughnuts and Art Car Museum

Join the Maxwell Adult Center as we go to check out the unusual doughnuts at Voodoo Doughnuts like Dirt, Oh Captain, and Voodoo Bubble. After we enjoy some doughnuts, we will head on over to the Art Car Museum to look at the unusual cars.

9AM - 2PM, \$3 Price of Doughnuts Not Included

March 24th: Foodie Friday!

Calling all foodies! We will be hosting a class teaching you how to make Ham and Swiss Sliders to take home. All supplies are included in the fee. We will take you through each step and have light refreshments.

2PM - 4PM, \$10

March 30th: Easter Egg Craft

Bring out your creative ideas with the Maxwell Adult Center as we work on decorating festive 4 inch styrofoam Easter Eggs with sequins and beads.

2PM - 3:30PM, \$8 Price Includes All Materials Necessary

March 31st: Easter Social

Hop into the Easter spirit by stopping by the Maxwell Center for a fun Easter Social. A nice way to come out and meet new friends! We will be doing a Potluck, having a yogurt bar, playing music and having some fun games. Please bring your favorite Easter dish to share for our Potluck!

2PM - 4PM, \$5 Registration for this event will close on March 24th



COLTON'S CORNER

Exercise is a great way to prevent disease and improve mental health. Come join me in my Movement Classes!

**Pickleball
Wednesdays, 3PM-4PM**

**Cardio Drumming
Mondays, 2PM-3PM**



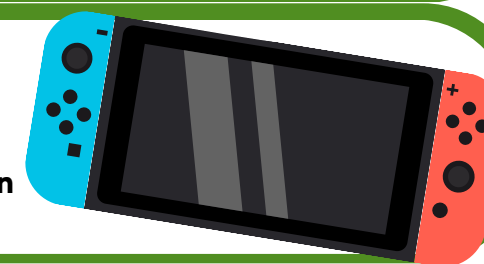
Maxwell Adult Center Chatter



**Don't Forget:
DAYLIGHT SAVINGS TIME
Spring Forward On March 12th, 2023**

The Nintendo Switch is a gaming system like the Wii System that, when hooked up to a television, makes a fun and entertaining game that encourages physical wellbeing in anyone who participates.

Join us every Friday from 2:30 - 3:30PM as we come together to play fun Nintendo sports games, with games like golf, bowling, tennis, etc!



Charlie Sandberg - Parks and Recreation Director ----- (281) 478 - 2054
Jacob Zuniga - Assistant Parks and Recreation Director --- (281) 478 - 2058
Kristen Villalovos - Senior Services Supervisor ----- (281) 478 - 7277
Sherry Rodriguez - Recreation Specialist ----- (281) 478 - 7264

1201 Center Street
Deer Park, Texas 77536
(281)478-7276

March 2023

MARCH Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Smothered Pork Chops in onion Gravy / Spinach Scalloped Pot. / Roll	2 Popcorn Chicken Sweet Potato Fries Lima Beans Roll	3 Egg Salad Sandwich Pasta Salad Chips Fresh Fruit
6 Smoked Sausage w/ Sauerkraut Mac-N-Cheese Asparagus / Roll	7 Spaghetti w/ Meat Sauce / Salad Green Beans Garlic Bread Sticks	8 Cheeseburger / Trimmings Baked Beans Home Fries	9 Chicken Fingers Mashed Pot. / Gravy Squash Roll	10 BBQ Baked Potato w/ Cheese Cole Slaw Fried Okra
13 Breakfast for Lunch! Mini Pancakes / Sausage Hash Browns Butter/Syrup	14 Chicken Cordon Bleu Sweet Potatoes Corn Roll	15 Beef & Broccoli Wild Rice Carrots Roll	16 Taco Pasta Cauliflower Salad Garlic Bread	17 Vegetable Soup Grilled Ham/Cheese Cucumber Salad Crackers
20 Beef & Bean Chili Buttered / Parsley Rice Squash / Cornbread	21 Chicken Pot Pie Cauliflower w/ Cheese Salad / Roll	22 BLT Potato Salad Grilled Zucchini Fresh Fruit	23 Chicken Fried Steak Mashed Pot. / Gravy Cabbage Roll	24 Smoked Turkey & Cheese Sliders Potato Salad Beet Salad
27 Smoked Sausage w/ Sauerkraut Mac-N-Cheese Asparagus / Roll	28 Spaghetti w/ Meat Sauce / Salad Green Beans Garlic Bread Sticks	29 Tamales / Salsa Spanish Rice Refried Beans Corn / Tomato Salad	30 Pot Roast Potatoes / Carrots Asparagus Roll	31 Fried Fish Tater Tots Cole Slaw Hush Puppies

MAXWELL'S OVERNIGHT TRIPS

The next overnight trip is to Garden of the Gods, the Royal Gorge, and Colorado Springs! This 9 Day, 8 Night trip will visit and tour many Colorado Historic Sights.
May 13th - May 21st, \$1,120* Call today to be put on the waitlist!

The Fall overnight trip is to New Orleans! This 5 Day, 4 Night trip will visit and tour many places in Louisiana. Registration is open now and space is limited!
November 27th - December 1st, \$617* Sign up at the Front Desk Today!

**Prices listed are for Single Occupancy



March Maxwell Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9 - 10AM Sit N Fit 9AM - 3PM Hobby Swap 12 - 5PM Bridge 1 - 2PM Birthday Bingo 3 - 4PM Pickleball** St. Patrick's Tie Dye 9AM - 11AM	2 9 - 11:30AM Knit/Crochet 10 - 11AM Yoga with Carey 1 - 2PM Chair Volleyball Painting with a Twist 12:30PM - 3:30PM	3 10AM - 3PM Quilting 10 - 11AM Tai Chi 12 - 1PM Dessert Friday 1 - 2PM Bean Bag Baseball 2:30 - 3:30PM Nintendo Switch Free Play
6 9 - 10AM Sit N Fit 10AM - 2PM Bridge 1PM Bunco 2 - 3PM Cardio Drumming Growing Gardens: Agrilife 10 - 11AM	7 9AM - 12PM Oil Painting 10 - 11AM Yoga with Carey 1 - 2PM Trivia Tuesdays	8 9 - 10AM Sit N Fit 1 - 2PM Bingo 3 - 4PM Pickleball**	9 9 - 11:30AM Knit/Crochet 10 - 11AM Yoga with Carey 1 - 2PM Chair Volleyball Volunteer Day Trip 2 - 4PM	10 10AM - 3PM Quilting 10 - 11AM Tai Chi 1 - 2PM Bean Bag Baseball 2:30 - 3:30PM Nintendo Switch Free Play
13 9 - 10AM Sit N Fit 10AM - 2PM Bridge 1PM Bunco 2 - 3PM Cardio Drumming Growing Gardens: Agrilife 10 - 11AM	14 9AM - 12PM Oil Painting 10 - 11AM Yoga with Carey 1 - 2PM Trivia Tuesdays	15 9 - 10AM Sit N Fit 12 - 5PM Bridge 1 - 2PM Bingo 3 - 4PM Pickleball**	16 9 - 11:30AM Knit/Crochet 10 - 11AM Yoga with Carey 1 - 2PM Chair Volleyball Chili Cook-Off 2 - 4PM	17 10AM - 3PM Quilting 10 - 11AM Tai Chi 1 - 2PM Bean Bag Baseball 2:30 - 3:30PM Nintendo Switch Free Play St. Patrick's Social 2 - 4PM
20 9 - 10AM Sit N Fit 10AM - 2PM Bridge 1PM Bunco 2 - 3PM Cardio Drumming Growing Gardens: Agrilife 10 - 11AM	21 9AM - 12PM Oil Painting 10 - 11AM Yoga with Carey 1 - 2PM Trivia Tuesdays Thrifty Tuesday 10AM - 3:30PM	22 9 - 10AM Sit N Fit 1 - 2PM Bingo 3 - 4PM Pickleball**	23 9 - 11:30AM Knit/Crochet 10 - 11AM Yoga with Carey 1 - 2PM Chair Volleyball Voodoo Doughnuts 9AM - 2PM	24 10AM - 3PM Quilting 10 - 11AM Tai Chi 1 - 2PM Bean Bag Baseball 2:30 - 3:30PM Nintendo Switch Free Play Foodie Friday 2 - 4PM
27 9 - 10AM Sit N Fit 10AM - 2PM Bridge 1PM Bunco 2 - 3PM Cardio Drumming	28 9AM - 12PM Oil Painting 10 - 11AM Yoga with Carey 1 - 2PM Trivia Tuesdays	29 9 - 10AM Sit N Fit 12 - 5PM Bridge 1 - 2PM Bingo 3 - 4PM Pickleball**	30 9 - 11:30AM Knit/Crochet 10 - 11AM Yoga with Carey 1 - 2PM Chair Volleyball Easter Egg Craft 2 - 3:30PM	31 10AM - 3PM Quilting 10 - 11AM Tai Chi 1 - 2PM Bean Bag Baseball 2:30 - 3:30PM Nintendo Switch Free Play Easter Social 2 - 4PM



****The Beginners Pickleball Program will be held every Wednesday at Dow Park Tennis Courts, Weather Permitting.**



Dear Debbie _____



Insecure Friend Reunion

By Debbie Pinder

Dear Debbie: I have been invited to dinner with friends I haven't seen since high school. They have reservations at an upscale restaurant downtown. I am nervous about not knowing proper etiquette with the table setting of silverware, etc.

Dear Nervous Diner: Food is an accessory to most social situations. Learning simple tips is helpful for building confidence and feeling at ease! Bon Appetit!

JUSTI'S JUST DESSERTS



Banana Pudding

- | | | |
|---------------------|------------------------------|----------------------|
| 2/3 Cup White Sugar | 1/2 Teaspoon Vanilla Extract | 3 Eggs, Beaten |
| 1/3 Cup Flour | 2 Bananas | 2 Cups Milk |
| 1/4 Teaspoon Salt | Vanilla Wafers | 2 Tablespoons Butter |

Step 1

Combine sugar, flour, and salt together in a medium saucepan. Add eggs and stir well. Stir in milk, and cook over low heat, stirring constantly.

Step 2

When the mixture has thickened, remove from heat and continue to stir, cooling slightly. Stir in butter and vanilla until smooth.

Step 3

Layer pudding with bananas and vanilla wafers in a serving dish. Chill before serving.

Get more recipes from Justi during Foodie Fridays!
Join Justi in making various treats and Desserts on the last friday of every month!
This month is Ham and Swiss Sliders!



Happy Birthday from the Maxwell Center Staff!

- | | | |
|----------------------------|--------------------------|----------------------|
| Robert K. Pair 2 | Barbara Craig 9 | Jo Harper 19 |
| Florinda Garcia 3 | Dennis Fojt 10 | Martha Johnson 20 |
| Gloria Hinojosa 3 | Dean Serabian 10 | Joe Louis Perez 22 |
| Penny Guichet 4 | Calvin Mitchell 11 | Christine Wood 22 |
| Janet Willingham 4 | Arturo Cabellero 11 | Dan Darr 23 |
| Elsie Allahar 5 | Margaret Peg Adams 12 | Ana Naranjo 25 |
| Ruth Ritchie 5 | Ellen Share 13 | Barbara Rivers 25 |
| Margarita Campo Barata 7 | Kathy L. Taylor 13 | Carolyn Apking 26 |
| Angelita Ramirez 7 | Sylvia Vasquez 14 | Charles Thomas 26 |
| JD Knox 7 | Karen Hathorn 14 | Linda Hutcheson 27 |
| Dorothy Noel 8 | Laura "Naomi" Sasse 15 | Teresa Laird 30 |
| Virginia Starnes 8 | Anita Brechtel 17 | Edith Strybos 30 |
| | Carolyn Anderson 19 | |
| | Gusta Cathey 19 | |

Don't forget to join our Birthday Bingo Celebration on the First Wednesday of Every Month from 1PM - 2PM



Welcome our Newest Addition The Little Free Library!



A Little Free Library is a free book-sharing box where anyone may take a book or share a book! If you'd like to take a book out, bring another one back to share your ideas with our community. It promotes literacy, social awareness, and encourages generosity.

SPRING *into Health Tips*

Check for Expired Medication

Spring is a great time to check your medicine cabinet for expired goods. Be sure to throw away or dispose properly of anything that is expired or empty. On a similar note, make sure your first aid and emergency kits are up-to-date, just in case.

Schedule a Check-Up

Winter seems to be back-to-back holiday celebrations, which can tire out older adults and throw routines to the side. Spring is an excellent time to touch base with your healthcare team and make sure everything is going smoothly.

Ensure Healthy Lifestyle Habits

With warmer temperatures and new seasonal produce, spring is perfect for reinvigorating your health goals. And with a new season, comes new possibilities! Try a new healthy meal, enjoy fresh herbs, or discover a new type of exercise of movement that you enjoy.

FREQUENTLY ASKED QUESTIONS

Q: What are the hours of The Maxwell Adult Center?

A: 8:00 AM – 5:00 PM, Monday through Friday.

Q: When can I sign up for lunch for next week?

A: You can sign up for lunch one week ahead of time!

Q: Do I need to pay with Cash or Credit Card

A: We accept Cash or Credit Card at the front desk.

Q: Do I have to come in person to register for programs?

A: No, you can call and sign-up over the phone!

Q: Is The Maxwell Adult Center open during Spring Break?

A: Yes, we will have normal hours!

St. Patrick's Day Word Search

Find the words on the list in the word search below!

U L K K L B
H F W L Q W L Z P S J U
G A B N O R C O N W Q T F H E S O Z
B H K F J B H B M W K O A O T G J A
Q O H D J R N Z N N A C M M M Y B S C L
N A O G O H S I R I I C R I O X C T A F
B S Y H L C Q F A V B R V O I K J I P V N Z
D A P S E Y B G R J T Z C P W L G K Q T G G
O Y L T P C O E A D K G V M A R C H W E
V Q H R Q P H F R E A M P T Z
N E Q F B Y E L N
Y D S A C R O T B E G R M
Y Z L O D F H V Y E I W K M X
R Y Z P H B G C H A R M J V Z F M V H
Z Y L A G R Y O I W G U H C L O V E R Q T
H S I W A K W L S Y P B N M O M F M D D Y
U P O R G C C Y D Y G S B C E F B S D J U Z R
G I X E U G J H O L K R G K L L L V L R Q
Z K W L P O T A R S S B I J H Z A H Q O D
Z O W A G K T D Y B X U N B R M V G G
X K W N D Q K L F F X Z E U O W G
O Y D T I N C Y I M M R X
L H N A M P E C C
T F K
T A H

CLOVER	GOLD	LEPRECHAUN	GREEN
IRISH	EMERALD	LUCKY	PATRICK
SHAMROCK	MARCH	RAINBOW	CHARM
WISH	POT	IRELAND	MAGIC

Show the Front desk your completed puzzle by March 29th to be entered into a Raffle for a small giveaway!